

### **WHAT IS CLAIMED IS:**

1. An exercising device, comprising a support frame, a pivot unit, a footrest, wherein:

the support frame includes a front stand, a rear stand pivotally connected with the front stand, and a pivot shaft pivotally mounted between the front stand and the rear stand;

the pivot unit is pivotally mounted on the support frame and includes an operation lever pivotally mounted on the pivot shaft of the support frame, and a threaded swivel shaft rotatably mounted on the operation lever; and

the footrest is mounted on the pivot unit and includes a fixed section having a first end secured on an upper end of the swivel shaft of the pivot unit to rotate therewith, and a movable section having a first end movably mounted in the fixed section and a second end protruded outward from a second end of the fixed section.

2. The exercising device in accordance with claim 1, wherein the support frame is substantially inverted V-shaped.

3. The exercising device in accordance with claim 1, wherein the front stand of the support frame is substantially U-shaped, and has an upper end provided with a tube having a mediate portion formed with an opening, and the operation lever of the pivot unit is located in the opening of the tube of the front stand.

4. The exercising device in accordance with claim 3, wherein the rear stand of the support frame is substantially U-shaped, and has an upper end provided with two opposite mounting tubes each mounted on the tube of the front stand and provided with a crossbar located below the two mounting  
5 tubes.

5. The exercising device in accordance with claim 4, wherein the crossbar has a mediate portion provided with a stop block.

6. The exercising device in accordance with claim 4, wherein the pivot shaft of the support frame is extended through the two mounting tubes of  
10 the rear stand and the tube of the front stand.

7. The exercising device in accordance with claim 1, wherein the operation lever of the pivot unit is formed with a transverse hole for passage of the pivot shaft of the support frame.

8. The exercising device in accordance with claim 1, wherein the  
15 operation lever of the pivot unit has a mediate portion formed with a shaft hole for passage of the swivel shaft.

9. The exercising device in accordance with claim 1, wherein the footrest further includes a seat plate secured on the first end of the fixed section.

20 10. The exercising device in accordance with claim 1, wherein the footrest further includes an arc-shaped connecting seat secured on the second

end of the movable section, and a footrest seat secured on the connecting seat by a plurality of screw members.

11. The exercising device in accordance with claim 1, wherein the second end of the fixed section of the footrest has a top formed with a positioning hole, the movable section of the footrest has a top formed with a plurality of threaded adjusting holes, and the footrest further includes a threaded adjusting member extended through the positioning hole of the fixed section and screwed into a respective one of the adjusting holes of the movable section.

12. The exercising device in accordance with claim 1, wherein the pivot unit further includes an upper bearing mounted on the swivel shaft and located between the fixed section of the footrest and the operation lever of the pivot unit, a nut screwed on a lower end of the swivel shaft, and a lower bearing mounted on the swivel shaft and located between the operation lever of the pivot unit and the nut.

13. The exercising device in accordance with claim 12, wherein each of the upper bearing and the lower bearing includes a mounting ring, a fixing race secured on the mounting ring, and a ball ring mounted between the mounting ring and the fixing race.

14. The exercising device in accordance with claim 1, wherein the operation lever of the pivot unit has a first end formed with a through hole, the first end of the fixed section has a bottom formed with a threaded locking hole,

and the pivot unit further includes a threaded fixing member extended through the through hole of the operation lever and screwed into the locking hole of the fixed section, so that the fixed section of the footrest is fixed on the operation lever of the pivot unit.

5           15. The exercising device in accordance with claim 5, wherein the operation lever of the pivot unit has a second end that can be pivoted to abut the stop block of the support frame.

          16. The exercising device in accordance with claim 1, further comprising a substantially L-shaped backrest bar having a horizontal section  
10   secured on the fixed section of the footrest by a fixing member and a vertical section provided with a backrest.

          17. The exercising device in accordance with claim 1, further comprising two armrests each mounted on the rear stand of the support frame.

          18. The exercising device in accordance with claim 17, wherein the  
15   rear stand of the support frame is provided with two opposite mounting sleeves, and each of the two armrests has a lower end inserted into a respective one of the two mounting sleeves.